

December
2020

Fire Line Newsletter

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From the Balcony: First Responders

Each year since 2017, October 28th has been recognized as National First Responder Day. I happen to be writing my monthly newsletter column on this day and it caused me to look back at 2020 through the lens of a first responder in a pandemic. We had our first snowfall of the season a few days ago and the last time we had snow in Wisconsin we were dealing with the uncertainty of the Coronavirus. We got through Spring and Summer with conditions becoming increasingly worse. With Thanksgiving only weeks away we don't seem to be any closer to ending this pandemic than we were back in March. Face coverings seem to make good sense and it's good to see so many people out in the community willing to help protect others by wearing a mask out in public. We know a vaccination will be a welcome sight, but how can we count on something we cannot properly measure? In the meantime, we have to remain vigilant and do our part to limit the spread of the Coronavirus.

Our own agency has not been immune from catching Covid-19 as we have seen our own Fire Rescue family stricken with the illness despite our knowledge and strict cleaning regiment in the firehouses. As first responders we continue to respond to and deliver

compassionate care to those who are sickened with symptoms related to the virus. Your attention to personal protection has been remarkable. We have procured necessary PPE so each of our first responders can have the best protection available when working with suspected Covid-19 patients.

We are entering into cold and flu season and according to experts we can expect an uptick in calls to 911 when people are experiencing symptoms which could easily mask Covid-19 while presenting as something else. There is no time for us to let our guards down. We know how dangerous this virus can be to our at risk populations.

As a first responder and resident of our community I offer my sincere gratitude for your commitment and dedication to our profession. Our community is fortunate have the very best firefighter/paramedics caring for them on National First Responder Day (and every day) in Fond du Lac.

*Until Next Month,
Be Safe and
Be Well
Fire Chief
Peter O'Leary*



FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief
Erick Gerritson



How to put out a chimney fire: A step-by-step look at the tactics to safely extinguish a chimney fire

Is your fire company educated and trained to tackle chimney fires?

In late fall, when the leaves turn, a brisk chill in the air appears and that burned dust smell from freshly fired furnaces comes with a rise in chimney fires.

CHIMNEY FIRE SIZE-UP

Chimney fires can burn explosively and are generally noisy and dramatic enough to be detected by neighbors or passersby. Victims of them compare the sound of the fire to a low rumbling noise like a freight train or low-flying airplane.

Flames have been known to shoot from the top of the chimney accompanied by dense smoke. The first indication of a chimney fire is usually the noise – a roaring sound that grows louder as the fire intensifies, reaching temperatures of up to 2,000 degrees F.

The volume of fire, smoke and heat from this type of fire can push hot gases out of existing cracks in the chimney mortar or cause internal connectors to fail. When viewed from the exterior, large smoke volume and sparks and fire can extend several feet above the chimney.

CREOSOTE BUILD-UP MAKE CHIMNEY FIRE POSSIBLE

However, not all chimney fires are visible from the exterior.

Some are slow-burning fires, lacking the levels of air or fuel found in the large, eye-catching visible fires.

But even these have high temperatures that can cause as much damage to the chimney structure and nearby combustible parts of the house as the more dynamic fires. In basic terms, fireplaces and wood stoves are designed to allow for fires in a safe controlled fashion with the chimney providing expulsion for the by-products of combustion.

These substances exit the fireplace and wood stove, and gradually rise up into the relatively cooler chimney, where condensation occurs. But as the products cool, they can coalesce into a sticky substance, creosote that adheres to the inner lining of the chimney walls.

Creosote is black or brown in appearance with a crusty or flaky consistency. It can be tarry, drippy and sticky or shiny and hardened. Often, all forms will occur in one chimney system.

Regardless of the physical presentation of the creosote, it is highly combustible. If the build-up of the volume of creosote is sufficient, it is possible to start a chimney fire. Although any amount of creosote can burn, professional chimney sweeps

are concerned when creosote builds up in sufficient quantities to sustain a long, hot, destructive chimney fire.

All chimneys are essentially manufactured in a similar fashion. The by-products of the fire exit upward by convention through the chimney flue. This is generally known as the fire's draft.

There are several factors that can lead to a creosote build-up, which residents in your communities should be aware of, including not maintaining a proper temperature inside the flue, burning wood that is not dried thoroughly and failure to clean the chimney on a regular basis.

The size of the fire, the construction style of the fireplace and chimney and its age will add to the possible extension of the fire.

CHIMNEY FIRE TACTICS FOR FIREFIGHTERS

As with any fire, life safety should be the primary concern. Luckily, the majority of chimney fires allow for occupants to exit under their own power. This vastly reduces the impact for completing an all-clear on a primary. Ensure the occupancy is fully evacuated. And because all fires are unpredictable, firefighters



How to put out chimney fires: A step-by-step look at the tactics to safely extinguish a chimney fire, continued...

must wear full PPE, including SCBA.

Chimney fires should be dispatched as a full-structural response until the size, location and access impacts are assessed. Perform a good size-up to ensure the exact location and size of the seat of the fire is confirmed.

You will not always have fire visible from the flue on arrival. Only cancel other responding apparatus when you have made a good evaluation of the chimney and surrounding areas.

Stretch a pre-connect line to the front of the structure in case the fire is larger than initially anticipated. Establish command, track your personnel and set up a safety officer when able to do so. Strategy goals for a chimney fire consist of:

- Extinguishing the fire
- Limiting fire extension
- Ventilation as needed
- Overhaul to prevent rekindle
- Salvage

Check the carbon monoxide readings in the house with a CO detector. And remember as the fire burns. It can cause failure of internal support construction features allowing for extension from the flue into walls, ceilings, attics and other hidden construction elements.

As soon as the determination for CO is done, send a recon team directly to the attic and make sure that the fire has not extended into this space or the cockloft. Inspect the firebox itself and as much of the chimney in the inside of the home as possible.

Thermal imaging cameras are significantly helpful during this time.

If the fire is contained within the flue system, move on to the chimney fire-specific extinguishment methods.

- Use the proper ladders when it is required to access the roof.
- Access the chimney area and remove the chimney cap, bird screens or spark arrestors.
- Visually inspect the chimney with a mirror to determine the extent of the fire.
- Be cognizant of the dead load you are adding to a roof structure, especially if there has been a significant amount of snow loading the roof support recently.

Chimney fires rarely occur when the weather is good, so watch your footing in snow or freezing-rain conditions.

CHIMNEY FIRE EXTINGUISHING METHODS

There are a few different methods of extinguishing a chimney fire, though all require an ABC dry chemical extinguishment agent. Regardless of the manner of extinguishment used, you will greatly increase your ability to operate near it if the fire in the fire box is extinguished.

Unload the wood from the firebox, place it in a metal salvage bucket, and unload outside the residence.

Continue to do this until all of the wood and hot ashes have been emptied from the firebox. Unload the bucket outside of the residence,, and wet down with a hose, pressurized water can or pre-staged attack line.

Make sure the wood and hot ashes are no longer burning – you don't want the wood or house to catch on fire after you leave. Once the fire has been put out in the firebox (generally with a pressurized water extinguisher), close the draft to reduce the amount of air feeding the fire in the flue.

As for chimney fire extinguishment methods, here are two.

1. Bomb from the top
2. Attack from the bottom

1. BOMB FROM THE TOP

Use a dry chemical powder in sealable plastic bags. This can be dropped from the top of the chimney through the flue top you have already opened. Based on the size of the flue fire, you can drop a few bags through it. As the bags drop, their weight will carry them down toward the draft stop. The bags will then melt, releasing their dry powder into the flue. Once the powder is released, it is light enough to be carried upward and successful extinguishment should occur.

2. ATTACK FROM THE BOTTOM

This method requires the brief opening of the draft stop, which may temporarily accelerate the size of the fire. Coordinate the opening of the draft stop with the insertion of the nozzle of a

dry chemical extinguisher past the draft stop and discharge into the flue in an upward direction.

The heat of the fire will carry the extinguishment agent upward to assist with putting the fire out. This method has been known to cause a bit of a mess inside the house from collateral extinguishment powder travel, so consider placing salvage tarps down before you begin. In addition, a two-store structure may require both methods due to the length of the flue.

CUSTOMER SERVICE AND CLEANUP

Handlines should be used only as a last resort as they can permanently damage existing masonry or metal flue liners. Maximize your customer service skills by taking used floor runners and fire-retardant salvage covers near the fireplace during salvage and overhaul. Careful cleanup can earn your department valuable praise from the homeowners.

Many fire departments run chimney fires on a regular basis when the weather turns cold. Chimney fires are generally simple to manage if you take the right actions. Be familiar with how your department prefers to have a chimney fire extinguished. And if you have a different method of extinguishing chimney fires, I would love to hear of them.

*Source: Michael Lee,
FireRescue1.com*

***Until Next Month...
Stay Safe!***

Operations by the Numbers

October, 2020	By Month		Year-To-Date	
PREVENTION	Last Year	This Year	Last Year	This Year
Total Inspections	180	230	2552	2003
Total Defects	116	133	1571	1005
SUPPRESSION				
Alarms Involving Fire	7	14	94	105
Fire Mutual Aid Given	1	0	10	11
Fire Mutual Aid Received	0	0	1	3
Service/Good Intent Calls	43	44	439	482
False Alarms/False Calls	45	26	343	265
Other Calls	23	12	160	149
Total Fire Alarms & Calls	118	96	1036	1001
EMS				
Total Ambulance Calls	577	583	5274	5233
Total Fire/EMS Responses	695	679	6310	6234
Fire Property Loss	\$10,600.00	\$104,600.00	\$416,918.00	\$691,900.00
Fire Contents Loss	\$1,000.00	\$57,110.00	\$194,696.00	\$326,066.00
Engine Assisted EMS Calls	281	233	2334	2254

UPCOMING EVENTS

Christmas Eve

Thursday, December 24

Christmas Day

Friday, December 25

New Year's Eve

Thursday, December 31



Birthdays, Employment Milestones, Upcoming Events

Happy December Birthday

*Brian Winter · Chief O'Leary
Eric Rebedew · Nick Czaja · Bobby Scott*

**Merry Christmas and
Happy New Year!**

From Fond du Lac Fire/Rescue



The Code Summary

By: Assistant Chief Todd Janquart

Look Beneath the Surface of Human Trafficking in America

When you hear the words “human trafficking,” what is the first thing to come to mind? Is it “Jeffrey Epstein?” Is it, “crime against humanity?” Or maybe it’s “child sex,” or “modern day slavery.” Whatever your thoughts may be, the words “human trafficking” are becoming more and more common.

Between social and news media outlets, there are a growing number of stories regarding human trafficking all around the world. While it is easy to think that human trafficking is something that happens in other countries or in large glamorized events, the reality is that human trafficking is grimmer. Human trafficking can indeed be considered a crime against humanity and if you do not know what you’re looking for, human trafficking will happen right under your nose, yet hidden in plain sight. The International Labor Organization estimates that there are hundreds of thousands of victims of human trafficking in the United States.

The Trafficking Victims Protection Act of 2000 made human trafficking a federal crime. It defined human trafficking as a person induced to perform labor or a commercial sex act through the means of force, fraud or coercion. Anyone under the age of 18 that is

involved a commercial sex act is also considered a victim of human trafficking, whether force, fraud, or coercion were ever present.

How much do you know about signs of human trafficking? Let’s use Netflix’s *Tiger King* as an example. Did you notice any of the signs of human trafficking while you were watching the show? There was labor exploitation with workers who reported only being paid \$100 a week. Joe would even receive tips about people who were dropped off at the bus station and felt like they had no other option but to work for him. He offered them a place to live in exchange for work. Workers reported that they were paid \$150/week for working 10-12 hour days. Does any of this information want to make you re-watch *Tiger King* to search for signs of human trafficking or labor exploitation?

Cases of human trafficking in the United States have occurred in all 50 states, and there is no single profile for trafficking victims. Victims come from diverse socio-economic backgrounds, have varied levels of education and can be from a foreign country or from the United States. However, there are risk factors that can lead to higher susceptibility including; homeless youths, runaways, victims of prior

physical or sexual abuse and victims of an economic crisis.

Victims of sex and labor trafficking do share a commonality. They have a need, and it is that need that traffickers exploit. With COVID-19 and our national economic crisis, this is the first time that I can think of where an entire population of people can be placed into the “at risk” category.

We, as medical professionals, are taught to evaluate and assess patients’ illnesses or injuries, then treat accordingly. So how does any of this really pertain to us? A 2014 study by Lederer & Wetzel revealed that 87.8% of all human trafficking victims accessed healthcare services while they were being trafficked. They also revealed that 63.3% of all human trafficking victims accessed emergency departments while they were being trafficked.

The Polaris Project is a non-profit, no-governmental agency that was developed to combat human trafficking. One of the numerous programs they operate is the National Human Trafficking hotline. This is a 24-hour hotline that victims can call for help or that citizens use to report human trafficking. Although they also receive calls from

sources that do not reveal cases of human trafficking, they have played a critical role in the fight against human trafficking.

According to the Polaris Project 2019 Data Report, there were over 11,000 situations involving human trafficking in 2019, with a 19% increase in contact from individual victims and survivors. They also operate a text line and an online chat. In 2019, the U.S. Department of State reported “national human trafficking hotlines, or helplines, are critical components of a comprehensive anti-trafficking response and can be a powerful instrument in combating human trafficking.”

So how does EMS respond to this and evaluate appropriately? Victims of sex and labor trafficking are commonly right in front of us; we just don’t know how to identify them. Here are some indicators that your patient could be a victim of human trafficking.

1. Your patient has no identification. It is common for traffickers to hold onto the victims’ driver’s license, passports, or other forms of identification.
2. Your patient is unsure of their whereabouts. Sex trafficking victims



Look Beneath the Surface of Human Trafficking Continued...

are commonly moved from city to city, sometimes multiple times a day, so it is not uncommon for them to be unaware of the city they are currently in.

3. Your patient is escorted or monitored by another person. They may even look to that person to answer questions for them. If they do not speak English, their trafficker may be translating for them.
4. Your patient has inconsistencies in their story.
5. Your patient is called by a name other than their legal name.
6. Your patient may have scars or mutilations in various places on the body.
7. Your patient presents with one or more untreated infections.
8. You may see bruises or wounds in various stages of healing on your patient.
9. Your patient appears malnourished.
10. Your patient appears to have poor dental hygiene.
11. Your patient seems to have a general lack of healthcare.

Some physical signs of sex trafficking can include:

1. Frequent urinary tract infections.
2. Complaints of pelvic pain.
3. Rectal trauma
4. Pregnancy
5. Branding or tattoos in places that are not hidden on the body. Sometimes traffickers will tattoo or brand their victims to show ownership.

In EMT school, we are taught to be medical detectives. We

are taught to ask questions, then ask more questions. We are taught to dig deeper into patient's stories to get better insight into their complaint. Last year, I had the opportunity to interview a victim of human trafficking who commonly had contact with medical professionals. She advised me that her trafficker would give her a scripted story for whenever she would walk into a clinic. Possibly due to long working hours, she and other trafficked girls would often become sick. If the clinic asked her what she did for a living she would tell them she was a waitress at a restaurant, as her trafficker scripted her to do. She said that had anyone asked her details about her story, she would not have known what to say and that someone may have suspected that something was wrong. But her story was taken at face value; no one ever questioned her.

What if you do encounter a victim? Are you aware of how they may act? There are some issues that you should be aware of if you do encounter a victim of human trafficking:

1. Your patient may not know they are a victim. Sometimes a person is unaware that they are a victim of human trafficking until they are free of the situation. Be careful with your wording when speaking with a potential victim.
2. Your patient may have been psychologically manipulated. Traffickers go to great lengths to manipulate their victims and commonly they are

psychologically tortured.

3. Certain wording can make a victim shut down. If the victim is being trafficked by a person they love, such as their significant other, spouse, or other family member, they may take offense to words like "perpetrator" or "abuser". They may even have a "Stockholm Syndrome" type of bond with their trafficker.
4. Your patient may be embarrassed that they are in this situation and may blame themselves.
5. Your patient may or may not show signs of physical abuse.

Remember that traffickers often use psychological manipulation to maintain control of victims. In an interview, the human trafficking victim-witness coordinator for Central Texas told me a story about how a trafficker from Austin kept his victims in line. She advised me that one night he took his victims onto an overpass and had them stand on top of the guardrail. He then showed them what would happen if any of them ran or sought help by pushing one of them off the bridge to her death. He sacrificed one victim to keep the rest of his victims in line.

If you suspect that your patient is a victim of human trafficking what do you do? It is important to safely separate your patient from anyone who may be with them. Remember that traffickers utilize manipulative methods to control their victims and you want your patient, the potential victim, to know they are in a safe environment. If they do not speak English, there is a possibility that their trafficker is translating for them, and if you do not speak their

language you cannot be sure of what is actually being said. You can attempt to utilize translation applications on your cell phone for translation. And you can explain to whomever is trying to accompany the patient, that the hospital has medical translators for such instances.

Taking your patient to a hospital with an on-site social worker is imperative. Your patient, the potential victim, needs to have someone to advocate for them as soon as you enter the emergency department. Communicate your concerns to the on duty social worker, the charge nurse and the doctor assuming care of your patient. Refer to your state laws regarding law enforcement involvement if your patient has not given you permission to report their situation.

Education and awareness can be the best tools you can use to combat human trafficking. The Blue Campaign is a national public awareness campaign designed to educate the public on how to recognize signs of human trafficking. As the awareness of human trafficking continues to spread, it is likely that the number of victims identified will increase. The reality is that we are not going to be able to save everyone, people will always slip through the cracks. But as healthcare providers, when we have contact with over 60% of victims of human trafficking while they are being trafficked; our education, our awareness, and our response are going to be critical. And as people, how can we not feel obligated to try?

Author: Suh Hughart, EMT-P

News from the Station



Thank you! ***2020 Bucket Brigade***

\$30,882.03 in donations collected during the
Bucket Brigade

+

\$20,000. Match from Michels Corp.

=

Over \$50,000 raised for the Salvation Army!



**FOND DU LAC
FIREFIGHTERS
LOCAL 400**



Photo taken from 2019
Bucket Brigade



Photo taken from 2019
Bucket Brigade





Well-trained people are the best defense against fire.

By: Assistant Chief of
Training/Safety
James Knowles III

Seek Failure: In the academy or the field, we need to train to the point of failure

What is the value of success? Is it at least, in part, evaluated against what failure would look like? How do we assign value to success if it is not contrasted against failure? This is to say, the greater the success, the greater the potential and effect of failure. To say there is a value to failure is a tough sell for the fire service. There is immense pressure throughout the ranks to “get it right.” Providing our firefighters and officers the opportunity and benefit of experiencing failure, at first glance, seems to be a juxtaposition to fire service ethos. Why then, should we seek failure?

It is easy and comfortable to discuss success. After all, it is a desired state or outcome. What is necessary to appreciate successful outcomes is reverence of failure. Frequent and unchallenged success can make you muscle-bound; experiencing failure creates agility in mindset and action. The value of failure varies according to the context of the task. High risk should connote a high cost of failure. Inversely, low-risk actions or decisions should correlate to the low cost of failure, with a greater opportunity to grow from the lessons learned. Seeking failure should have

benefits. The most important of these include increased perseverance, passion, grit, and determination. The ultimate objective of learning from failure is developing confidence in skill sets that can then be applied in high-risk situations.

The fire service expects and gives high praise for successful outcomes, and rightly so. As servants and professionals charged with public safety, positive—successful—outcomes are expected. Too often, the opportunities presented by failures are swept under the rug or buried in layers of arrogance and ego. Selfishly, not exposing one’s failure sets others up to experience the same failure, missing the gift and opportunity to learn, grow, adapt, and move forward with confidence. Embracing and valuing growth after failure also create a more resilient organizational culture.

How can the fire service learn to embrace and grow from failure? In the lexicon of the business world, the terms “Fast Failure” and “Intelligent Failure” are designed or planned mechanisms to embrace and grow from failure. These two

practices teach individuals to see failure as an intentional consequence of the experience and knowledge-building process. Embrace failure and do not deny outcomes; but rather, seek the usefulness in the lessons. The intent is to cultivate an instinctive reaction that is a contrast to the traditional response to failure: fear, shame, blame, and dysfunction. According to businesses that embrace the “fail early, fail often mindset,” they are able to fill gaps in learning and innovation and create change agents that can fail intelligently, providing a long-term benefit to the business.

Growth as a professional and a profession requires us to stretch what we can accomplish, push our growing edges. Doing this in a controlled environment is paramount. This can occur on the training ground, fire station or emergency simulations, and tabletop exercises. Experiment, see what works and what doesn’t, and learn how to develop adaptive solutions to nonconforming problems. The modern fire service doesn’t need more rule



Seek Failure: In the academy or in the field, we need to train to the point of failure...continued

books and manuals. Rather, the profession needs mission and values-driven leaders at all levels within the organization willing to experience failure. This requires the department and organizational leadership to embrace the ideology of leaders' intent—empowering our firefighters and officers to make decisions and supporting the intent of the action, even if failure was the outcome. More than a want, we need people to be courageous enough to act, to take calculated risk without fear of intense scrutiny and ridicule. Firefighting is a verb, an action, that describes a profession. We need

individuals to take action. Fear of failure should not be an impediment to action.

As a chief officer, I expect those I serve to take action, regardless of rank. What they need and should expect is support—not for when things go according to plan, but when we experience a failure. This, along with expectations and the support of leaders' intent, makes it much easier to pull in on the reins than push timid individuals forward. Seeking failure and embracing innovative responses to unanticipated or undesired outcomes offer the intangible benefit of maximized learning from failed outcomes as well as building personal and organizational tolerance and resilience to risk taking. The

saying “Don’t practice until you get it right. Practice until you can’t get it wrong” speaks directly to the resilient mindset we as firefighters need to embrace. Simply replace *practice* with *fail* in the previous quote and we have a motivational poster that should be in every training academy. Every failure is a practice attempt to get it right.

Whether in the fire academy or in the field, we need to train to the point of failure. If we want quantitative results, we need to evaluate qualitative skills. As a profession, we need to make allowance for failures because if we don’t, we are creating an environment that will promote inaction. Our

collective success is on the line as professionals and as a profession. Being successful motivates and inspires others; however, it is through our failures that we can relate to each other.

Source: Blume, K. (2020).
Seek failure. Fire Rescue.

Retrieved:
<https://firerescuemagazine.firefighternation.com/2020/08/27/seek-failure/?topic=20091>



Current Status of New Construction

- Moraine Park Technical College at 235 N. National Ave. – Building is under construction.
- Fairfield Inn at 925 S. Rolling Meadows Drive – Building is under construction.
- River Hills Mixed Use Development on S. Main St. – Buildings 1, 2, 3, 4, 5, 6 & 8 are complete and 7 & 9 are under construction.
- Demolition continues at Forest Mall.
- Badger Liquor – Warehouse is under construction.
- Huberty CPA's on S. Pioneer Rd. – New Construction
- Excel Engineering – New addition.
- Capelle Bros./Diedrich – Building is under construction.

Toy Safety Tips for the Holidays



Once gifts are open immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous playthings.

Gift giving is one of the staple traditions of the holiday season. While toy safety is important year-round, consumers should keep these important safety tips in mind when buying gifts for children this holiday season.

- **Buy toys that are age appropriate.** Follow the recommended age ranges listed on the packaging of the toy. Age grading is based on safety as well as the ability. Products graded for older children may pose a hazard for younger children.
- **Remove tags, strings, and ribbons** from toys before giving them to young children. Look out for strings and straps that are more than 12 inches in length on pull toys, because they could pose a strangulation hazard for babies and small children.
- **Avoid buying small toy parts for young children.** Young children can choke on small parts of toys or games. A common rule of thumb is that if a part of a toy fits inside a toilet paper roll, then it's not suitable for a child under 3 years.
- **To prevent burns and electrical shocks,** do not give children under age 10 a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.

Fire Prevention

The Bureau Never Sleeps

By: Division Chief
Garth Schumacher



Safe Christmas Decorations

It's that time of year again, the turkey has been digested and we have once again reflected on what we are thankful for this year. We may or may not have celebrated with extended family due to this year's situation but none the less we all celebrated Thanksgiving in one way or another.

Now that Thanksgiving is over, it is time for Christmas music, lights, and all the decorations that go along with it. Some love this time of year and some dread the labor that goes into putting up all the decorations, if you have kids, most likely you have no choice in the matter. Personally, I find that half of my decorations work from year-to-year and I find myself in the Christmas vomit isle of the local big box store (joking of course), but truly the size and scale of the Christmas displays at these stores does not allow for an in-and-out shopping experience which makes it a bit frustrating. I'm already sweating thinking about the hit to the wallet.

All fun aside when we go shopping for decorations and ultimately the perfect Christmas tree to adorn our living room, how many of us think about the safety of what we are buying?



Do we look to see if there is a UL (Underwriters Laboratory) marking or that of another recognized testing laboratory on the electrical displays we put into our cart? The list of Nationally Recognized Testing Facilities (NRTL) can be found here: <https://www.osha.gov/dts/otpca/nrtl/nrtllist.html>. If not we should be! Not that Christmas tree fires happen often, one-in-four are caused by electrical problems, and it's not just the "real" traditional trees, it is also the artificial ones

that are now imbedded with a million color changing LEDs and different variations of bulbs. Making sure that these electrical devices have been tested is an important step in making sure that you're not getting something put together in a less than safe manner.

The traditional tree can pose a significant risk as well if we don't make sure we are choosing the right one and maintaining it after we get it cut and placed in our living room. Choose a tree with fresh, green needles that do not fall off when they are caressed, this is important as you do not want a tree that is already dry and susceptible to catching fire more readily.

It is important that we are safely bringing these decorations into the home. When we light the candles that fill the house with the smell of the holiday, when we cook the meal we are known for, please remember to do it with safety in mind. Christmas is a joyous time of year, where we enjoy family, friends, and when Santa comes down the chimney

and places gifts under the tree that we so elegantly decorated. Making sure we are being safe in our decorations and our festivities will make sure that Santa is able to go to the next house, that we make it to the new-year and that our Christmas isn't a memory of loss but rather of family, friends, and happiness in the household.

To those that are working on shift this Christmas please be safe, we all know Christmas can be a busy time of year. To those home with family, I hope this Christmas brings joy to your families, 2020 has been a crazy ride, let's all hope for a healthier 2021.

*Thank you and
Merry Christmas to all!*



Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



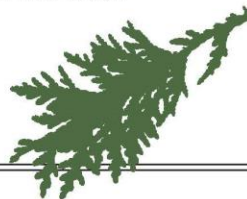
PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! More than **one of every four** home Christmas tree fires is caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes **one in every four** of the fires.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



Seguridad en las fiestas de invierno

Las fiestas de invierno son un momento para reunirse con familia y amigos. Aunque eso también significa un mayor riesgo de incendio. Seguir unos simples consejos le permitirá disfrutar de unas fiestas felices y sin riesgo de incendios.



DECORACIÓN NAVIDEÑA

- » Tenga cuidado con las decoraciones navideñas. Escoja decoraciones retardantes o resistentes a las llamas.
- » Mantenga las velas encendidas alejadas de las decoraciones y de otros objetos inflamables.
- » Algunas luces son solo para uso interior y otras para uso exterior, pero no para ambos.
- » Reemplace las guirnaldas luminosas que tengan cables deteriorados o rotos, o conexiones flojas en las bombillas. Lea las instrucciones del fabricante para saber el número de guirnaldas a colocar.
- » Use sujetadores en lugar de ganchos para colgar las luces, así no se dañan los cables.
- » Mantenga las decoraciones alejadas de puertas y ventanas.



VISITAS EN LAS FIESTAS

- » Revise los detectores de humo e infórmeles a los invitados sobre el plan de evacuación en caso de incendio.
- » Mantenga alejados a los niños y a las mascotas de las velas encendidas.
- » Guarde los fósforos y encendedores en lo alto de un armario, bajo llave.
- » No se aleje de la cocina mientras cocine en los hornillos.
- » No permita que fumen dentro del hogar. Recuérdeles a los fumadores que guarden los materiales para fumar para que los niños pequeños no puedan tocarlos.
- » Proporcione ceniceros grandes y profundos para los fumadores. Moje las colillas de los cigarrillos antes de desecharlas.



Antes de salir o al irse a dormir

Apague las velas encendidas cuando salga de la habitación o se vaya a dormir. **Apague** todas las guirnaldas luminosas y las decoraciones antes de salir de su hogar o al irse a dormir.

DATOS

- ! **Dos de cada cinco** incendios de la decoración en el hogar son provocados por velas.
- ! **Casi la mitad** de los incendios de la decoración suceden debido a que los adornos están muy cerca de una fuente de calor.



Su fuente de información de SEGURIDAD

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Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.



HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.



HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ! More than **one-third** of home decoration fires are started by candles.
- ! More than **two of every five** decoration fires happen because decorations are placed too close to a heat source.



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PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Pre- and Post-workout Nutrition for High-Intensity Interval Training

High-intensity interval training (HIIT) has become hugely popular thanks to real results in shorter periods of time and extensive benefits. With busy schedules the norm, it's no wonder so many clients and potential clients are now seeking out these kinds of workouts.

HIIT, which involves repeated sessions of relatively brief, intermittent exercise, usually performed at very high intensity, can easily be modified for various client needs and fitness levels. When combined with an expert nutrition program, personalized HIIT programs can elicit serious results and health benefits, including:

- Improved blood pressure and cardiovascular health
- Improved insulin sensitivity
- Improved body composition

Whether you're adding HIIT to your own personal fitness program or ramping up client results and health benefits with this style of training, it's important to understand the nutritional needs to support it from start to

finish. While nutritional needs do vary by individual and training program, these nutrition plans and meal ideas for pre-and post-workout nutrition can help.

General Nutrition to Support a H.I.I.T. Program

To get the most out of any fitness program, clients should follow a healthy meal plan in general. Effective and well-rounded nutrition programs are based on a variety of healthful ingredients such as whole grains, fruits and vegetables, and lean proteins. The best nutrition plans provide adequate calories and macronutrients such as carbohydrates to fuel the body and provide energy stores for workouts. Adequate water is also a must to ensure complete hydration during workouts.

Pre-workout Nutrition for HIIT

Due to the intensity of these workouts, it's vital to follow a healthy nutrition plan with adequate nutrition in the days and hours leading up to a workout. Plan on a moderate-to high-carbohydrate meal that also includes protein approximately three to four hours before the HIIT

workout, and then another high-carbohydrate snack within an hour after the workout. Good options for a pre-workout meal include:

- Whole-wheat toast with peanut butter and banana
- Non-fat Greek yogurt or cottage cheese with fruit
- Dried fruit and almonds

Post-workout Nutrition for HIIT

The biggest nutritional concern post-workout is replacing energy stores (glycogen) and repairing muscles that have been broken down during the intense workout. Again, a combination of carbohydrates and protein has been shown to be most effective. Research shows that a 3:1 ratio of carbohydrates-to-protein within 30 minutes of completing a HIIT workout is best for replacing energy stores in preparation for the next high-intensity workout. Suggestions for post-workout nutrition are similar to pre-workout meals and include:

- Whole-grain cereal with fruit and soy milk

- Whole-wheat crackers with fruit and cheese
- Hummus and pita bread

The best pre-and post-workout nutrition boosts energy and results – and client motivation. Help clients to achieve the results they demand while you improve client retention with an effective nutrition program for high intensity interval training that follows along with established guidelines. If clients need a specific meal plan make sure they are working with an appropriately credentialed professional to meet their personalized nutritional needs.

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